



Care Connection

2020



Springfield Rehab & HealthCare Center



A message from Administration

Normally March can be described as coming In Like A Lion and going Out Like A Lamb, but this year WHOA!! With all the Flu and now the Covid-19 concerns, it seems like March came in like a Lion who had an abscessed tooth, thorn in its paw, headache, stomach ache and just generally a bad attitude! Your partners here at Springfield Rehab and Health Care have been working very diligently trying to keep all of our residents as safe as possible. We set the standard in the area by screening our staff and visitors before they came into the facility. With the warmer weather on its way, hopefully we will be able to get outside and enjoy the beauty of the Spring.



Mental health benefits of the outdoors

A simple stay in the outdoors can do wonders for relieving anxiety, stress, and depression. Countless studies have proven that nature has a positive effect on your mental health. What you see, hear, and experience in nature can improve your mood in a moment. There is a strong connection between time spent in nature and reduced negative emotions. This includes symptoms of anxiety, depression, and psychosomatic illnesses like irritability, insomnia, tension headaches, and indigestion.



Residents at Springfield Rehab & Healthcare have access to 2 courtyards for outdoor time, simply ask staff for assistance (weather permitting). Any chance you can, get outside and soak up some beautiful spring weather!

Springfield Rehab & HealthCare

2800 South Fort Ave

Springfield, Missouri 65807

Phone: 417 882-0035

Administrator: Troy Lacey

Director of Nursing: Lysandra Harmon

Assistant DON: Gail Redfearn

Director of Rehab: Rodel Ravela

Social Services Director: Amy Devane

Head Bookkeeper: Jerome Irmen

Dietary Manager: Drew Martin

Plant Operations Director/Laundry & House-keeping: Tony White

Health Information Mgr: Recreation Director: Joshua Hyde

Medical Director: William Rosen MD

Marcelo Mantala MD



April Resident Birthday's

4/03 Ernest Johnson

4/04 Arthur Augspurger

4/11 Anita Carrol

4/14 Wilda Williams

4/20 Dennis Maples

4/22 Shirley Harp

4/29 William Johnson



New Ice Cream Schedule:



Room deliveries
starting at 1:30
Mondays,
Wednesdays, &
Fridays on all
halls.



During the flu season, and also times such as this where its vital to keep a strong immune system, a healthy diet can go a long way in insuring that you stay healthy. Listed here are some great immune boosting foods that can be added to your diet.



Eating immune-boosting foods is key to living a healthy lifestyle. That's because, with every bite, you're helping your body fight off viruses, infections, and diseases.

While this list isn't cumulative, the foods listed below are both common and immune-boosting. Therefore, it's likely you are already eating some, or can easily add them to your diet.

Yogurt:

Yogurt contains probiotics. These improve your body's overall function. Many processes today remove probiotics. So look for yogurt with a label that says "live and active cultures."

Garlic:

Garlic contains allicin, which is known to combat viruses and bacteria. However, you can only reap these benefits with the real thing, not just garlic powder.

Citrus Fruits:

Our bodies don't naturally produce Vitamin C. It is found in citrus fruits like lemons, oranges, and grapefruit. However, you do need to watch your grapefruit intake with certain medications. Be sure to get a daily dose of Vitamin C to produce white blood cells that are responsible for fighting infection.

Almonds:

Vitamin E, which is found in nuts, especially almonds, is another cold-fighting vitamin that doesn't get the attention it should. If you eat a half cup of them, about 46 almonds total, you will have 100% of your daily recommendation of vitamin E. Those with nut allergies can find vitamin E in dark greens such as spinach, kale, Swiss chard, and mustard greens.

Sweet Potatoes:

Loaded with beta-carotene which is used to create vitamin A. Vitamin A is great for both skin and immunity. The beta-carotene in sweet potatoes, as well as carrots, can strengthen your immunity and perhaps even make your skin look and feel younger.

Broccoli:

It contains three of our previously mentioned cold-fighting vitamins, A, C, and E, as well as a wealth of other vitamins, minerals, and antioxidants. The trick to cooking your broccoli is to not cook it all the way - maybe barely or not at all. Eat it raw to keep the good stuff intact.

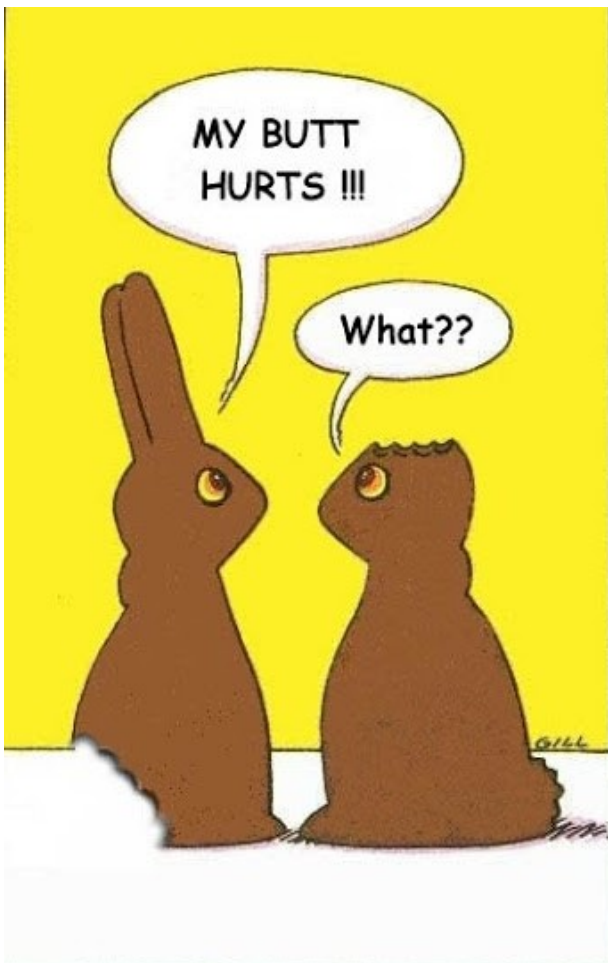
Zinc rich foods:

Zinc is found in various things and key in maintaining a healthy immunity. Zinc helps produce white blood cells that are vital to the body's defense mechanism. chickpeas, pumpkin seeds, cashews or yogurt, which are all rich in zinc.

Chicken Noodle Soup:

Eating chicken noodle soup for a cold or flu to make you feel better is no wife's tale. Chicken (and other poultry) is high in vitamin B-6, which is key in creating healthy red blood cells.

Also, when chicken is cooked or boiled, it releases cysteine, an amino acid, as well as gelatine and other helpful nutrients into its broth. It will also thin mucus and make the nose run, which is a way for your body to flush everything out.



"This Month In History"

APRIL

1910: President William Howard Taft throws out the first pitch at the Washington Senators' opening day, starting a tradition of U.S. presidents tossing ceremonial pitches at Major League Baseball games.

1923: Firestone Tire and Rubber Co. begins manufacturing inflatable tires for automobiles.

1954: America gets an appetite for Swanson's new TV dinner. The frozen heat-and-eat meal sold for 98 cents and contained turkey, stuffing, sweet potatoes and peas.

1961: At the Masters Tournament, Gary Player of South Africa becomes the first international winner of the annual golf championship.

1970: Paul McCartney releases his debut solo album and announces that the Beatles are breaking up.

1983: Tokyo Disneyland opens in Japan. It was the first Disney park built outside of the U.S.

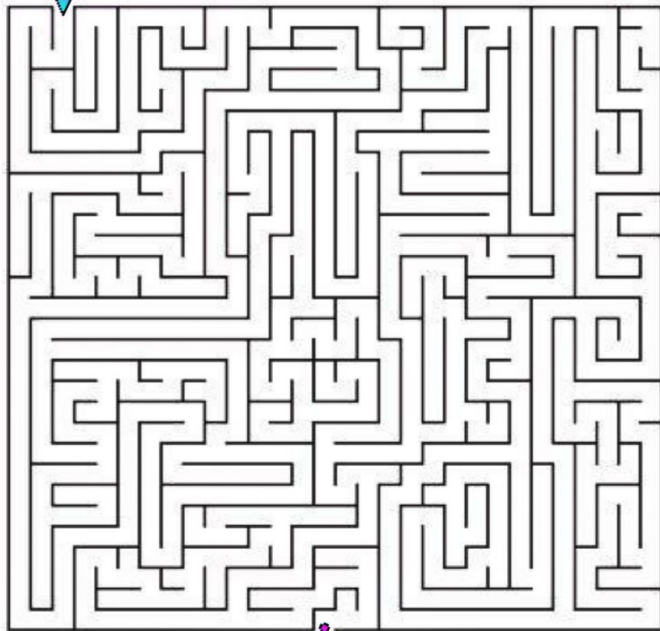
2005: Prince Charles, the heir to the British throne, marries Camilla Parker Bowles.

2007: Legendary jazz saxophonist and composer John Coltrane is awarded a posthumous Pulitzer Prize special citation for his music accomplishments.

2019: Using a network of telescopes, astronomers photograph a black hole in space, a feat thought to be impossible.



HELP BUGS BUNNY FIND HIS CARROT!



Attention, Skygazers

Venus will light up the night sky and put on its most brilliant show of the year on April 27. Look to the west about an hour after sunset to see the planet, nicknamed the "evening star," rise, and it will shine at its brightest. Astronomers say Venus will be impossible to miss, even without a telescope.





March Highlights

St Pats entertainment with the Happy Plunkers 3/6



March Highlights

St Patricks Crafting 3/11



March Highlights



Residents fill care packages to be distributed to a local homeless shelter. 3/13



ST PAT'S FUN
WITH

THE BINGO BUNCH





Spring Word Search



N Q F I P F S D R I B L S B F Z R
 J V P X X O X S B G P I S R E P S
 T D X M R A W S N P T R R F S Q E
 N M Z B G T E A E O Z P E N J M O
 Y D B M P G A R N I X A W A J E U
 G S Y C T X S G I U R V O T N V V
 G I S N Q E T X H V U L H Q X Q C
 E V P F J V E K S Y U S S Z B Y L
 V D T L C P R E N A P R E E Q M I
 K D W O R Y D R U M B R E L L A W
 M R G W D Z B A S E B A L L L R Q
 R R T E Q W Q Y V T J D L A H C E
 M B H R M W D Q T W W Q R Q X H U
 M F M S E R J F N O T T A G S H E
 N G N I R P S X X B G A I S I V W
 E R H I I I L M G R E E N Y L T R
 Y R W D M L G Q T T I A O A F F B

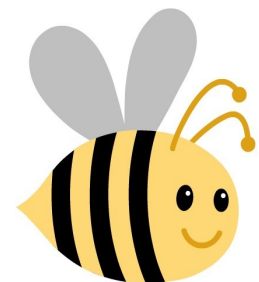
SPRING
 MAY
 GREEN
 WARM
 UMBRELLA



MARCH
 FLOWERS
 GRASS
 SHOWERS
 EASTER



APRIL
 BASEBALL
 SUNSHINE
 RAIN
 BIRDS



Spring Flowers Word Search



Y F C O H O K A G H Y L E C H
E E L J I C J W Y X Q P S A B
R H O I I S Z D L J W V O R D
S S V G L O R J N F U L R N R
C H R Y S A N T H E M U M A E
P C G L N N C Y N N D U N T D
O W J G I L A O L A S I R I N
P F E A M D M P I I S V A O E
P A Y E G E O S D S L I Y N V
Y Q V M N E Y F O R C H I D A
Z Q R A Y W V X F B A H R M L
R E W O L F N U S A L G X I U
T Q R M W C A Q F T D G O O U
C I M W Y X N O K C I A P N V
J Q A A U N W I T H U A L D X

- | | | | | |
|---------------|-----------|----------|--------|------------|
| Anemone | Daffodil | Iris | Lily | Rose |
| Carnation | Daisy | Lavender | Orchid | Snapdragon |
| Chrysanthemum | Hydrangea | Lilac | Poppy | Sunflower |

